

**Southeast Indiana Regional Outreach Services**  
**RESTAURANT FOODS - BY CONSISTENCY**

**Sandwiches/Meats/Entrees**

ITEM	regular	#1 whole sandwich	#1 chop	#2	pureed
hamburger/cheeseburger	√	√	* A		
fish fillet	√	√	* A		
chicken patty	√	√	* A		
chicken fillet	√	* A	* A		
shaved roast beef	√	√	* A		
shaved ham & cheese	√	√	* A		
chicken stix/nuggets	√	* A	* A		
fried chicken	√	* B	* B		
chili	√	√	√	* C	
pizza	√	√	* A		
bread sticks	√	√	* A		
hot dogs	√	√	* A		
taco (hard shell)	√	√	* A		
taco (soft shell)	√	√	√	* A, C, D	

**Vegetables/Salad**

ITEM	regular	#1 whole sandwich	#1 chop	#2	pureed
coleslaw	√	√	√	* D	
baked beans	√	√	√	√	
french fries	√	√	* A		
mashed potatoes	√	√	√	√	√
tossed salad	√	√	√	* D	
baked potato/ melted cheese	√	√	√	√	

\* A - only if cut into ½" cubes

\* B - only if removed from bone and cut into ½" cubes

\* C - only if meat and beans are ground consistency

\* D - only if vegetables are finely chopped (i.e. no long stringy pieces) and if moist

\*\*\*\*Food items may be further altered for puree and ground consistencies if appropriate equipment (i.e. food processor) is available.

## Ice cream/Desserts

ITEM	regular	#1 whole sandwich	#1 chop	#2	puree
fruit turnovers	√	√	* A		
soft serve/frozen yogurt	√	√	√	√	√
sundaes/nuts &/or fruit topping	√	√	√		
sundaes without nuts or fruit	√	√	√	√	√
cookies/nuts/raisins/chips/M&M	√	√	√		
cookies plain (no nuts, etc.)	√	√	√	* E	* F
malts	√	√	√	√	√
blizzard-type shakes	√	√	√		

## Breakfast

ITEM	regular	#1 whole sandwich	#1 chop	#2	puree
biscuit/sausage/eggs sandwich	√	√	* A		
fruit/bran muffin (check size of fruit) no nuts	√	√	√	√	
pancakes	√	√	√	* E	
biscuit & gravy	√	√	√	* E	
french toast sticks	√	√	√	* E	

\* A - only if cut into ½" cubes

\* E - only if broken into 1" squares - may be moistened if necessary

\* F - only if broken up, soaked and stirred until smooth

Food items may be further altered for puree and ground consistencies if appropriate equipment (i.e. food processor) is available.

Revised 5/20/05

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From the "Foundations of Dysphagia and Nutritional Management" power point presentation, Outreach Services by Bailey, Antanitus, Henrikson and Smitha.